

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
MENU PRODUCTION WORKSHEET**

BREAKFAST

Date _____

MENU: VEGETABLE/
FRUIT

Number Planned For:

Age 1 to 2	Age 3 to 5	Age 6 up to 12 + Adult

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
VEGETABLES AND/OR FRUITS	1-2	_____ x 1 = _____ +	¼ c.			
	3-5	_____ x 2 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
GRAINS/BREADS	1-2	_____ x 1 = _____ +	½ sl.			
	3-5	_____ x 1 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
FLUID MILK	1-2	_____ x 1 = _____ +	½ c.			
	3-5	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ + =				

SUPPLEMENT

Choose Any TWO of the FOUR Components for Each Supplement

A.M. SUPPLEMENT

P.M. SUPPLEMENT

Age	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.		Age	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.	
1-5 _____	x 1 = _____	x .5 = _____	x 2 = _____		1-5 _____	x 1 = _____	x .5 = _____	x 2 = _____	
6-12 + _____	x 2 = _____	x 1 = _____	x 3 = _____		6-12 + _____	x 2 = _____	x 1 = _____	x 3 = _____	
Adults _____					Adults _____				
TOTALS _____					TOTALS _____				
Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase	Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
MENU PRODUCTION WORKSHEET**

LUNCH/SUPPER

Date _____

MENU: MEAT/MEAT
ALTERNATE

Number Planned For:

Age 1 to 2	Age 3 to 5	Age 6 up to 12 + Adult

VEGETABLE/
FRUIT

VEGETABLE/
FRUIT

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
1. MEAT OR MEAT ALTERNATE	1-2	_____ x 1 = _____ +	1 oz.			
	3-5	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
2. VEGETABLES AND/OR FRUITS Use two or more sources to meet the total portion requirement for each age group.	1-2	_____ x 1 = _____ +	¼ c.			
	3-5	_____ x 2 = _____ +				
	6-Adt	_____ x 3 = _____ + =				
3. GRAINS/ BREADS	1-2	_____ x 1 = _____ +	½ sl.			
	3-5	_____ x 1 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
4. FLUID MILK	Use "No. of Servings" from Meat/Meat Alternate		½ c.			